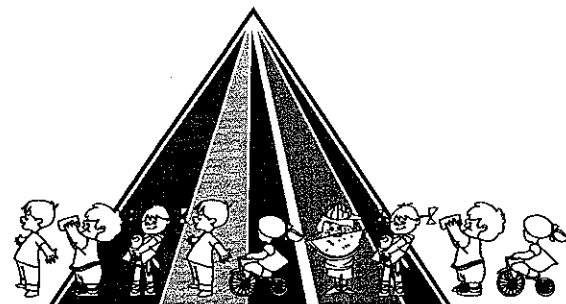


Mealtime Memo

FOR CHILD CARE



No. 5, 2008

Adjusting Recipes



USDA Recipes for Child Care are developed and tested to yield both 25 and 50 servings. Since some child care providers may have fewer children in their care, it may be necessary to adjust recipes to yield smaller amounts.

Use the following steps to change the yield of a recipe.

1. Change fractions to decimals for weights and measures that are given in fractions.

$\frac{1}{8} = 0.12$	$\frac{5}{8} = 0.62$
$\frac{1}{4} = 0.25$	$\frac{3}{4} = 0.75$
$\frac{3}{8} = 0.38$	$\frac{7}{8} = 0.88$
$\frac{1}{2} = 0.50$	

2. Change ounces to pounds.

It is recommended to adjust a recipe by **weight** rather than by volume when possible. In order to do so, it is necessary to change ounces to fractions of a pound.

Conversion Table for Changing Ounces to Pounds

1 oz = 0.06 lb	9 oz = 0.56 lb
2 oz = 0.12 lb	10 oz = 0.62 lb
3 oz = 0.19 lb	11 oz = 0.69 lb
4 oz = 0.25 lb	12 oz = 0.75 lb
5 oz = 0.31 lb	13 oz = 0.81 lb
6 oz = 0.38 lb	14 oz = 0.88 lb
7 oz = 0.44 lb	15 oz = 0.94 lb
8 oz = 0.50 lb	

Example: To convert 9 lb 5 oz to pounds, use the conversion table to find that 5 oz = 0.31 lb. Therefore, 9 lb 5 oz = 9.31 lb.

3. Determine the factor to use for adjusting the recipe based on the needed yield.

A formula can be used to change a recipe's yield.

$$\frac{\text{needed yield}}{\text{recipe yield}} = \text{factor}$$

Example: To adjust a recipe for 25 servings so that it produces 10 servings, the factor is:

$$\frac{10}{25} = 0.4$$

4. Multiply all ingredients in the recipe by the factor.

Example: Consider the following ingredients in the recipe for Banana Muffins- A-04¹:

For 25 servings:	For 10 servings
15 oz all-purpose flour	15 oz 0.40* = 6 oz all-purpose flour
1 tsp salt	1 tsp 0.40* = 0.40 tsp salt
8 oz fresh bananas, peeled	8 oz 0.40* = 3.2 oz fresh bananas, peeled

*The factor (0.40) for adjusting the recipe is shown in bold print.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.



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Banana Muffins- A-04¹

Fresh bananas, peeled	8 oz	Frozen egg whites, thawed	½ cup
Enriched all-purpose flour	3 ½ cups	OR	OR
Instant nonfat dry milk	½ cup	Fresh large egg whites	3 each
Baking powder	2 Tbsp	Water	1 ¼ cup 2 Tbsp
Sugar	1 cup	Vanilla	2 tsp
Salt	1 tsp	Vegetable oil	¼ cup 2 Tbsp

Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened. Slowly add oil and mix for about 30 seconds on low speed. Do not overmix. The batter will be lumpy. Using a No. 20 scoop (3 ½ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined. Bake until lightly browned. Conventional oven: 425 °F for 10-12 minutes; Convection oven: 350 °F for 10-12 minutes.

Number of servings: 25

Serving size: 1 muffin provides the equivalent of 1 slice of bread.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Baked chicken	Beef and Rice	Bean Soup- H-08 ¹	Grilled chicken in	Beef-Turkey Loaf-
Baked beans	Casserole- D-07 ¹	garnished with diced	a pita pocket	D-04 ¹
Cole slaw	Steamed broccoli	ham and reduced fat	Apple slices	Peas and carrots
Diced peaches	florets	cheddar cheese	Fruit and Rice	Orange wedges
Corn muffin	Milk	Sweet potato wedges	Dessert- B-09 ¹	Milk
Milk		brushed with olive oil	Milk	
		Plum		
		Whole wheat roll		
		Milk		

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

Sources:

National Food Service Management Institute. (2005). *On the road to professional food preparation*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved January 5, 2008, from <http://www.nfsmi.org>

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